



HEALTH CONNECT

CONNECTING PATIENTS FOR BETTER HEALTH

OCTOBER 2018

Breast Cancer Awareness Month



Nurse Advice Line 24/7
800-TRICARE
(800-874-2273)

Hampton Roads Appointment Center
(866) 645-4584

Emergency Room
(757) 953-1365

Pharmacy Refill
Local: (757) 953-MEDS (6337)
Toll Free: (866) 285-1008

Information
(757) 953-5008

Customer Service Office
(757) 953-2600

Relay Health Secure Messaging
<https://app.mil.relayhealth.com/>

The Importance of Women's Health

Women's health is an important issue for women everywhere. If you're a female who wants to maintain glowing health and happiness for many years, you should regularly receive well woman checks. These types of examinations can often detect potential medical concerns that need to be addressed right away. It's important for women to get wellness exams on a regular basis. It's also crucial for women to be attentive to any potential signs of anything that may be out of the ordinary. Women's health should be a big focus in any female's life. These checks can in some cases even save lives. If you want to find out if you have any type of medical condition, a wellness exam can give you the information you need to take action.

Women access the health system more than men, both for themselves and on behalf of their children. Many become pregnant and give birth, a significant health event, then typically become their child's primary caregiver, a role that greatly influences household health overall. Elder and long-term care issues affect women more often because they live longer; have higher rates of disability and chronic health problems; and lower incomes than men on average, which puts them at greater need for state and community resources.

Focusing on women's health does not mean ignoring men's health, nor does it mean taking resources away from men's health. It's about acknowledging that women and men are different. While that may seem obvious, past medical research often worked on the assumption that, with the exceptions of breast cancer, obstetrics and gynecology, women are just like men.

Breast Cancer: Signs and Symptoms

October is Breast Cancer Awareness Month. Perhaps that may prompt the question: Am I at risk for breast cancer? Are you a woman? Are you getting older?

If the answer to both questions is yes, then you are at risk for breast cancer!

Cancer develops in the tissues of breasts, affecting both men and women due to different reasons like family history or changes in genes and progress through stages. Symptoms would be lump in the breast and change in the appearance of the breast. Breast cancer is treated based on the stage of the cancer using medication radiation therapy or surgery.

Symptoms

- o A lump or mass in the breast that feels different from the surrounding tissue
- o Change in the shape, size, or appearance of the breast
- o Changes in the skin over the breast, for example, dimpling
- o Inverted or pulling-in of the nipple
- o Scaling, peeling, or flaking skin over the breast, particularly the dark area around the nipple
- o Redness and/or pitting of the breast skin, resembling the skin of orange
- o Discharge from the nipple

When should I get screened?

The American Cancer Society recommends that all women 20 years of age or older should perform monthly breast self-examinations. There are many different breast cancer screening recommendations for women from different organizations. To determine the best screening tests for you, talk to health care providers about your risk factors.

Check out
NMCP
on social
media



Breast Cancer Awareness: Beyond the Pink Ribbons

NMCP Wellness Department

Beyond the pink ribbons, special product fundraisers, and the pastel sea of color that marks October, Breast Cancer Awareness Month offers a reason to celebrate and to reflect.

Breast Cancer Awareness Month is an opportunity to promote education and resources available to women as well as men too. It's the ideal time to promote your oncology services and raise awareness of the importance of early detection. It's all about getting consumers to pay attention, get mammograms, and do exams. While there's a definite fear of discovering something, the alternative of failing to find something serious is even more frightening.

There are over 3.1 million breast cancer survivors in the United States, including women still being treated and those who have completed treatment.

Breast cancer is the most common cancer in American women, after skin cancers. Survival rates continue to climb due to better treatments and increased screening that finds cancers when they are most treatable.

With women more knowledgeable about warning signs, the importance of self-exams, treatment options and second opinions, they are better prepared than ever before to confront a breast cancer diagnosis — something an estimated one in eight women will do in her lifetime.

But breast cancer is the second leading cause of cancer death in women, second only to lung cancer. So, in the spirit of heightening awareness — and screening — we offer one fact about breast cancer

The leading risk factor for breast cancer is simply being a woman. Though breast cancer does occur in men, the disease is 100 times more common in women.

Men can also get breast cancer. In 2017, the American Cancer Society estimates 2,470 new cases of invasive breast cancer will be diagnosed in men in the U.S.

Most women (about eight out of 10) who get breast cancer do not have a family history of the disease.

But women who have close blood relatives with breast cancer have a higher risk. Having a first-degree relative (mother, sister or daughter) with breast cancer almost doubles a woman's risk.

Breast cancer is a disease that must be taken seriously and detected as early as possible. You play a significant role in the prevention and, more particularly, the detection of this cancer; by being intuitive and determined to stay healthy, you will contribute to preventing this cancer from dampening the joys, benefits and beauty of womanhood.

HEALTHY WEIGHT

ShipShape Weight Management Program:

8-week intensive program for adults. To register, call the HRAC at (866) 645-4584.

Right Weigh: 4-week program for learning to manage your weight the right way. To register, call (757) 953-9247 or 953-1927.

For more information on Health Promotions and Wellness Department programs and resources, call (757) 953-1927.

TOBACCO CESSATION

Tobacco Cessation Class

1st and 3rd Tuesday of every month from 1 – 3 p.m.

One-on-One Counseling

Call today to schedule!

For more information, call (757) 953-1927 or 953-1934



Postpartum Depression and the Baby Blues

NMCP Wellness Department

Postpartum refers to the time after childbirth. Many women experience “baby blues”, or feel sad or empty shortly after giving birth. This experience usually last about 3 to 5 days. If you experience these feelings along with hopelessness longer than 2 weeks you may be experiencing postpartum depression. Feeling hopeless or empty after birth is not a regular or expected part of motherhood.

Postpartum depression is a serious mental health illness and can affect your behavior and physical health. You may feel unconnected to your baby, feel as if you are not the mother of your child, possibly not love or care for the baby. All these feelings could range from mild to severe. Women can also experience anxiety during or after pregnancy.

How common is this?

Depression is a common problem among women after birth. 1 in 9 new moms suffer from postpartum depression.

Are some women more at risk than others?

Yes. A woman may have a higher risk if:

- Have a history of depression or bipolar disorder
- Have a family history of depression

GET CONNECTED

Download the NMCP app today and get access to:

- News and announcements
- Interactive maps
- Pharmacy wait times
- Telephone directory
- Relay Health
- ICE feedback
- and so much more!



118,000

patients with a PCM at one of our 10 facilities

or bipolar disorder

- Depressed during pregnancy
- Have a child with special needs
- Had a unplanned or unwanted pregnancy

What should be done if you show symptoms of postpartum depression?

Talk to your doctor, nurse, pediatrician, or someone in the medical field if:

- Your baby blues don't go away after two weeks
- The symptoms of depression become more intense
- If it becomes difficult to work or get every day things done
- You become unable to take care of yourself or your baby
- Thoughts of harming yourself or your baby cross your mind

What can I do at home to feel better?

- Get as much rest as you can. Sleep while the baby is sleeping
- Don't try to do too much, or try to

do everything by yourself. Ask your partner, family or friends for help

It can also help to have someone you trust help take care of the baby while you are depressed

How is postpartum depression treated?

The most common treatments are:

- Talk therapy- talking to a therapist, psychologist or social worker to learn ways to help change the way depression makes you think, feel or act.
- Medication- Your health care provider can prescribe antidepressants. These medications can help relieve symptoms of depression and can be taken while breastfeeding.

These treatments can be used individually or together. Depression can affect your new baby, so treatment is important for the both of you. Just remember taking medication or talking to someone about your depression does not make you a bad mother or a failure. Getting help is a sign of strength.

Postpartum Depression

COMMON SYMPTOMS

Changes in sleep patterns



Anger/Rage



Weepiness or sadness



Difficulty concentrating



Change in appetite



Anxiety



For more information on postpartum depression, visit www.babycenter.com.



22

Medical Home Port teams

440,000

patients we serve – active duty, retired and families

WHAT YOU NEED TO KNOW

for Coverage Beginning in

2019

2018 Open Season:

November 2018

12
Monday

December 2018

10
Monday

[NOV. 12 – DEC. 10]



WHAT'S CHANGING?

TRICARE is implementing an Open Season for enrollment.

You can only enroll in TRICARE Prime or TRICARE Select or switch plans during Open Season or after a qualifying life event (QUE).

To learn more about QLEs, visit www.tricare.mil/LifeEvents.

Many TRICARE-eligible beneficiaries will qualify for the Federal Employees Dental and Vision Insurance Program (FEDVIP).

- The TRICARE Retiree Dental Program (TRDP) is ending on Dec. 31.
- If you're currently enrolled in or eligible for TRDP, you **must** select a FEDVIP dental option to continue or begin dental coverage.
- FEDVIP vision will provide access to comprehensive vision insurance, including eye glasses and contact lenses.
- To participate in FEDVIP dental or vision, you **must** enroll during Open Season.

TRICARE Regions



TO ENROLL OR CHANGE PLANS DURING OPEN SEASON:

Call your regional contractor to enroll or change your TRICARE Plan.

TRICARE East

Humana Military East: 1-800-444-5445

TRICARE West

Health NetWest: 1-844-866-9378

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